CACFP participation improved healthy food availability (n=28), feeding practices (n=12), child dietary intake (n=6), and reduced the risk of overweight (n=1). Farm to ECE interventions showed increased local food availability and feeding practices. However, more research with robust study designs is needed regarding CACFP’s impact on child outcomes (dietary intake, BMI percentile), and assessing the impact across geographic location (urban vs. rural), ECE organizational structure (center-based vs. home-based), and demographic characteristics (race/ethnicity of ECE providers and children).

**Funding:** Supplemental Nutrition Assistance Program - Education

### The Influence of the COVID-19 Pandemic on Household Food Sourcing and Food Security in Rural Appalachia: A Qualitative Study

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**Background:** The COVID-19 pandemic and related economic impacts precipitated numerous challenges for households across the socioeconomic spectrum, including changes in household composition, resources, and routines. Various studies have explored how the unique circumstances of 2020-2021 impacted households, particularly with regard to food insecurity, but rural communities remain underrepresented among this literature.

**Objective:** To understand how the constellation of pandemic-related ‘shocks’ (eg, job changes; daycare and school closings; food supply disruptions) influenced households’ food sourcing strategies and food security dynamics in rural Appalachian Ohio.

**Measurable Outcome/Analysis:** A subset of authors conducted iterative rounds of general inductive coding guided by the research objective to discern key themes using NVivo 12 software.

**Results:** Regardless of food security status, households employed a complex mix of strategies to support their food needs; in many cases, adults applied lessons learned during previous episodes of food insecurity to stretch resources in the context of household constraints and supply chain limitations. Pandemic-related shocks had ripple effects for many households, including exacerbating the cognitive effort invested in household foodwork (primarily by women). Even so, pandemic-related circumstances enabled positive changes in health behaviors for some and enhanced community connectedness (eg, via food sharing).

**Conclusion:** This study highlights the role of life course experiences in equipping households for unexpected shocks to resources and routines. It also reveals how rural households demonstrated resiliency and experienced positive outcomes despite the disruptive nature of this period.

**Funding:** None

### Together Harnessing Resources to Give Individuals Voice and Empowerment: Teaching Resiliency to Improve Health and Food Security

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**Objective:** Together Harnessing Resources to give Individuals Voice and Empowerment (THRIVE) aims to improve behavioral health/food security.

**Use of Theory or Research:** Adverse Childhood Events (ACEs) are emotionally distressing and increase risk of long-term health problems. Resiliency skills training may negate ACEs’ effects. Sanger has the following concerns: 29.2% live below 200% FPL and 38% of suicidal ideations in Sanger-area ERs were adolescents.
Hughes (continued)

**Target Audience:** Sanger, Texas students (K-12) and families.

**Program Description:** THRIVE has three components: increasing resiliency, addressing health needs, and increasing food security. Students were screened, given resiliency education, and navigation to connect to outside services. THRIVE created a point-system school grocery store, which is also open to the community once a week.

**Evaluation Methods:** Students (n=2078) had access to a virtual resilience-building program. They were screened for anti-social behavior during the Fall semester using the Student Risk Screening Scale. SRSS Scores (n=570) were validated by a multi-disciplinary team. At-risk students completed the Conner-Davidson Resiliency Scale (CD-Risc10) and the General Self-Efficacy Scale (GSE) twice per year. All store visitors completed USDA Household Food Security Survey-Short Form (HFSS-SF) at baseline and 6 months. An external evaluation team assessed THRIVE’s impact using a mixed-methods, multi-level approach guided by the RE-AIM framework. Mixed-effects linear regression models were used to determine GSE and CD-Risc10 change over time. A Wilcoxon signed-rank test was used to assess HFSS-SF change.

**Results:** During the 2021-2022 school year, mean resiliency (CD-Risc10) significantly improved from 14.3 (SD=12.3) to 16.7 (SD=12.4). Mean self-efficacy (GSE) significantly increased from 22.6 (SD=9.1) to 25.0 (SD=7.6). Food security (HFSS-SF) improved from 2.8 (SD=2.0) to 2.1 (SD=1.8), which was non-significant.

**Conclusion:** THRIVE addresses youth’s social/emotional needs, empowering them with life-skills necessary to succeed, and provides critical nutrition needed to offset socioeconomic challenges to effectively transition into adulthood. Building resilience is crucial in preventing long-term problems caused by ACEs. THRIVE is expanding to 10 school districts with plans to grow.

**Funding:** Texas Health Resources

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**Visions of the Possible: Student Experiences With Public Policy in Graduate Dietetics Education**

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**Objective:** To identify dietetic students’ perceptions before and perceived growth after completing an interprofessional online graduate-level course in public policy.

**Use of Theory or Research:** This was a retrospective SoTL study focused on Visions of the Possible considering the impact of policy education on perceptions of self and as a future dietetic practitioner.

**Target Audience:** Participants included 40 masters-level dietetics students (n=36 women, n=4 men) enrolled in a public policy course in 2020, 2021, or 2022 at one university. Many (53%) had not taken a specific course on public policy in their undergraduate degrees.

**Course/ Curriculum Description:** The interdisciplinary policy course is offered online and instructed by a family science scholar. Dietetic students are introduced to policymaking processes, the role of family in policy, different perspectives that influence policy, and specific policies related to food/nutrition, parenting, poverty, education, housing, romantic relationships, aging, and healthcare. The major assignment in the course requires students to select a policy relevant to their future career and analyze it using existing research.

**Evaluation Methods:** Dietetic students completed an online survey with open-ended items after taking the policy course. Qualitative thematic analysis procedures were implemented by two researchers with open-ended data.

**Results:** Three themes were identified through qualitative thematic analysis: policy learning experiences (eg, initial hesitancy upon entering course and then seeing relevance/importance after completion), policy and dietetics are interconnected (eg, students recognized that policy guides professional practice and meaningful change happens at the policy level), and humanizing policy (eg, students identified that policy directly impacts the clients they serve). Most students were nervous to enter the course, but afterward identified the relevance of policy to dietetics practice and policy’s impact on nutrition quality of life for their clients.

**Conclusion:** The opportunity for dietetic students to benefit from interprofessional teaching and learning as related to policy is one key effective approach in the classroom that empowers emerging nutrition professionals and ultimately food citizens in the communities they serve.

**Funding:** None

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**SNEB Nutrition Educator Competencies: Food Science**

**Fasting Induced Gene Regulation and Associations With Human Adult Metabolism**

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**Background:** Fasting results in a phased response of metabolic adaption of our body to increase survival. The adipose tissue acts as a primary energy depot and plays a critical role in the adaptive response to fasting. Free fatty acids and glycerol are released along with a reduced uptake and storage of circulating triglycerides. This metabolic adaption to fasting is primarily due to the role of changes in the regulation and expression of genes in the adipose tissue.

**Objective:** This study aimed to understand the role of gene regulation by identifying differentially expressed key genes and the pathways involved in metabolic adaption to fasting.

**Study Design, Settings, and Participants:** A secondary analysis was conducted using a gene expression dataset GSE154610 from the National Center for...